

# The Carswell Field **FLYER**

July/August Vol 6 | Issue 4

Texas Air National Guard | Fort Worth, Texas



## **Operation Homefront... Backpacks for military children**

Electricians light up the flightline  
Security forces Airmen recall IDF attack  
WWII commemorative jumps

Stories in this issue...read on.



# Commander's **Comments**

## Welcome to August UTA



**Col. John J. Conoley III**  
136 AW Commander

**W**elcome to August drill. Now that summer is winding down, school is back in session and vacations are just memories, it's time to start looking forward to our upcoming fall events. In September we will have an ESGR flight, October will focus on maximizing our AFSC training, and in November we will have a Home-town Heroes award presentation and Holiday Party--a lot to look forward to.

For August Drill, we will be dedicating a half a day on Sunday for a Sexual Assault Prevention and Response "Down Day." myself, Lt. Col. Castleman (the SARC), and Chief Castle will make our way to each group/unit to discuss our command philosophy on eliminating sexual assault and to present required annual training on the subject.

This training is required by Secretary Hagel in response to the continuing growth of sexual assaults in the Department of Defense. This is particularly important to the 136th Airlift Wing because we are not immune to this kind of criminal behavior. So, please, participate in the training and

let's do our part to completely remove sexual assault from our ranks. Thank you for your help in this endeavor.

I also want to mention that we had the pleasure of hosting Lt. Gen. Stanley Clarke, the Director of the Air National Guard this past Wednesday. Gen. Clarke got the chance to tour our Wing and meet some of our outstanding Airmen. He was very impressed with our Airmen and had nothing but great things to say about them. I have to agree that the 136th Airlift Wing is a great unit—you have lots to be proud of.

Have a great August Drill!



Airman 1st Class Cludia Copas, 136th Force Support Squadron, takes advantage of the free school supplies for her daughters during the Operation Homefront Back-To-School-Brigade backpack giveaway for E-6 and below at Naval Air Station Fort Worth Joint Reserve Base, Aug. 9, 2013. This is the third year the event was hosted by the 136th Airman and Family Readiness Program. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert/released)

The Carswell Field  
**FLYER**  
TEAM

**Lt. Col. James Castleman**  
WESO/Community Manager

**Capt. James Wallace**  
Public Affairs Officer

**Senior Master Sgt. Elizabeth Gilbert**  
Superintendent/Senior Editor

**Master Sgt. Charles Hatton**  
Photographer/Layout & Design

**Staff Sgt. Tamara Dabney**  
Broadcaster

**Staff Sgt. Ebony Daughtry**  
Photographer/Staff Writer

**Senior Airman Briana Boggs**  
Photographer/Administrator

**Airman Cody Witsaman**  
Photographer/Staff Writer

The "CARSWELL FIELD FLYER" is a bi-monthly, electronic publication provided by the 136th Airlift Wing to assist members in the preparation for the UTA and dissemination of pertinent information and news. Articles may be submitted for inclusion in the "FLYER" by e-mailing them to 136AW.PA@ang.af.mil (Please use "Flyer" as the first word in the subject of the e-mail). You may also contact Capt. James Wallace at 817-852-3305. The Commander makes final decisions for inclusion of submitted material. The information contained in this publication is not Official Policy of the Texas Air National Guard, the National Guard Bureau or the United States Air Force.

**AIR NATIONAL  
GUARD**

**Cover Photo by**  
Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing/Public Affairs

# In memory...



We are saddened to announce the loss of one of our  
Wing family members

*Senior Airman Katrina Baldovino,*  
136th Medical Group, dental technician, who passed away  
Aug. 3, 2013 in San Antonio following a  
recent and unexpected illness.

All life is precious and her graceful presence, quiet and  
thoughtful demeanor as well as evanescent smile will be  
greatly missed. Our thoughts and prayers are now with her  
and her family.





# A **loss** of one is a **loss** to all

Commentary by Tech Sgt. Erica Darnell  
136th Medical Group/Optomtry

Senior Airman Katrina Ann Henry joined the 136th Medical Group on the first Friday in November, 2012. Before we managed to get her sworn in, she married a gentleman named Jefferson Baldovino. She surprised us by lining through her maiden name and hand-printing her new married name on her network account forms. MilPDS never did get updated; if you go in and look for her now, you'll still find her under "Henry."

Baldovino came to the Dental Services Branch two weeks later for her first drill weekend with us. She was very quiet in roll call. Average in height, fair-haired, and a bit shy at times. For the past seven months, she only missed one drill weekend. Patients coming to dental on Saturday mornings noticed Baldovino for her charm and friendly manner.

Soon after June drill, Baldovino started feeling ill. Shortly after returning home to her family in San Antonio, her condition worsened to the point where Jefferson took her to the emergency room at Brook Army Medical Center. The ER staff at BAMC admitted her to the intensive care unit immediately, and Katrina never left that ward.

Senior Airman Katrina Ann Baldovi-

no died a little after sunrise on Saturday, August 3rd, 2013. She was 27 years old.

Baldovino had everything to live for, including a devoted husband and adoring child, friends and parents, and dual careers both inside and outside the Air National Guard. She should have experienced a long life filled with love and

**"The people we serve with  
may be taken from us at  
any moment. Tomorrow  
isn't guaranteed"**

laughter, growth and pride, wisdom and contentment. Instead, she's lost to us forevermore.

When we tried to pen this remembrance of Baldovino for the newsletter, we asked several people in the unit to share their stories about her. We wanted to celebrate her all-too-short time among us as a sister-in-arms. Without fail, every wingman we talked to said the same thing: "I remember her, but I didn't really know her."

I hope -- beyond reasonable expectation -- that one of us managed to strike up a solid friendship with Baldovino before the end. That one of us will be

able to stand up and relate how Baldovino knew before the end that she was valued and appreciated. That she felt like she was 'home' when she was among us. I hope that happened. She deserved that. We all do.

It's easy in peacetime to take one another for granted; to assume that we'll always have 'next drill' to get around to reach out to our wingman. That there's always a tomorrow, so we can let things slide today. Baldovino's loss shows us that there isn't always a tomorrow. The people we serve with may be taken from us at any moment. Tomorrow isn't guaranteed; all we have is right now, and maybe tomorrow if we're very lucky.

Take time today to remember Katrina Ann (Henry) Baldovino while you still can. Hold fast to the last images you have of her, and the last words she said. Then honor her passing by reaching out to one another ... Let your wingman know that he or she is valued. That their efforts are recognized. That you're glad that they're here. Make that connection before you leave today, because you may not get another chance to. Make today count.

Senior Airman Katrina Ann Baldovino, 4th April 1985 - 3rd August 2013. Requiescat in pace.





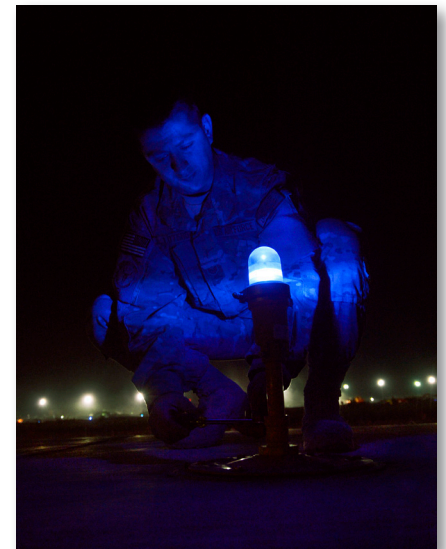
Staff Sgt. Paul Izyk replaces a bulb in a runway ramp sign on Bagram Airfield, Afghanistan, June 6. Izyk, assigned to the 455th Expeditionary Civil Engineer Squadron electrical systems shop, is a member of a three-man airfield lighting team working every night to maintain all the lights on the Department of Defense's single busiest runway, transiting more than two-thousand aircraft movements per month. Izyk is deployed from the 136 Airlift Wing, Fort Worth, Texas and a native of Oswego, N.Y. (U.S. Air Force photo/Stephenie Wade)

# Electricians **light up** the flightline

by Staff Sgt. Stephenie Wade  
455 Air Expeditionary Wing, Public Affairs

BAGRAM AIRFIELD, Afghanistan -- Bagram Airfield, Afghanistan is home to the Department of Defense's single busiest runway, transiting over two-thousand aircraft movements per a month. A three-man airfield lighting team comprised of Tech. Sgts. Justin Lotero, Blake Moulden and Staff Sgt. Paul Izyk assigned to the 455th Expeditionary Civil Engineer Squadron electrical systems shop here work every night to maintain more than one-thousand lights spanning the over one-million square feet of Bagram's

flight line. In the last six months, this team has replaced 20,000 feet of conductor wire and seven out of eight stadium lights that were not working, increasing the safety of operations on the flight line. Besides the complexity of the different electrical systems they work with, the team has had to deal with unexpected power outages because of the heat. When the power goes out, they turn on solar lamps that light up the airfield.



## IN THIS ISSUE

Commander's Comments . . . . . 2  
In Memory . . . . . 3  
A loss of one is a loss to all . . . 4  
Electricians light up the flightline 5  
Security forces Airmen. . . . . 6  
Operation Homefront. . . . . 8  
Ready...Aim...Fire . . . . . 9  
Joint task force responds. . . . . 10

Mass-Casualty exercise . . . . . 11  
Liberty Jump Team . . . . . 12  
Around the Wing . . . . . 13  
The happening . . . . . 14  
The workplace . . . . . 15  
Health, nutrition and fitness. . . 16  
Are you pregnant. . . . . 16  
Consider your sensitive data. . . 17

Chaplains corner . . . . . 17  
Safety snip-its . . . . . 18  
Antiterrorism alert . . . . . 19  
Family Readiness Group. . . . . 20  
531st Band tour 2013 . . . . . 20  
Letter from the CSAF. . . . . 21  
Hot jobs . . . . . 22



# Security forces **Airmen** recall IDF attack

## Bringing members closer

Story by Staff Sgt. Stephenie Wade  
455th Air Expeditionary Wing Public Affairs

**BAGRAM AIR FIELD, Afghanistan** - Air Force 455th Expeditionary Security Forces Squadron members had just finished dinner and were on the way back to their compound on Bagram Air Field, Afghanistan, June 18. Heading south on a perimeter road, they passed a bus stop located about 50 yards from their compound, where service members were waiting outside to catch a ride. They could see their compound through the windows of the truck. As they were turning, they heard a loud boom; then saw a cloud of dust fill the air, followed by complete darkness.

"At first we thought it was a generator exploding because the power went out," said Tech. Sgt. Eric Wearing, 455th ESFS, noncommissioned officer in charge of physical security. "Then I could feel the impact in the vehicle after it hit and the vehicle was surrounded by ashes and I knew it was something more serious."

That's when Capt. Andrew York, 455th ESFS officer in charge of the sector, directed Master Sgt. Joshua Clarke, his sector noncommissioned officer in charge, the driver at the time, to position the vehicle as close to their command post and they dismounted.

"After taking cover in the vehicle, as first responders, we [the four SF members in the truck] immediately ran to our sector to see what assistance we could provide," said York, a native of Columbia, S.C.

Because of the IDF's proximity in the

compound, many SF members were able to provide support in different ways to ensure the safety of those in the area and the mission.

"After we got out of the vehicle, the captain started giving us direction and I went to the command post where the power was completely out," said Clarke,

to getting the power back on.

"I heard screaming and calls for supplies," said Gary deployed from Fargo, N.D., ANG. "So I immediately ran over to my supply warehouse to grab as many combat lifesaver bags as I could to give to the members providing care to the wounded. From there I began working to get the power back up and distributing extra ammo because we thought there was going to be follow-on attack."

According to the SF members, the power went out simultaneously as the IDF attack impacted.

"There was zero power," said York deployed from Lajes Field, Azores. "Everything was out including cameras and phones. Once Gary got the backup generators and light-alls units working around the perimeter, we were able to have better situational awareness and be ready for a follow-on attack. Without him, we wouldn't have had any power at all."

But since York, Clarke, Wearing and Venable, were the first able-body members to respond to the injured out-

side, they had to provide care in the dark using only available light and flashlights.

"There were people everywhere walking around dazed and confused," said Wearing. "I went up to the very first person I could see and he had his arm out trying to speak."

Wearing said he assured the member he was going to be okay and went



(Left to right) Master Sgt. Joshua Clarke, Tech. Sgt. Eric Wearing, Airman 1st Class Tina Venable, Capt. Andrew York and Staff Sgt. Joshua Gary, 455 Expeditionary Security Force Squadron members stand together in their compound on Bagram Air Field, Afghanistan. The members were subject to an Indirect Fire attack last month, where they provided medical care to injured and defended the perimeter (U.S Air Force photo/ Staff Sgt. Stephenie Wade)

deployed from Fargo, N.D., Air National Guard. "The only thing we could use for communication was a radio. So I sent Airman 1st Class Tina Venable to conduct accountability of our off duty personnel"

Staff Sgt. Joshua Gary, noncommissioned officer in charge of supply and logistics for sector, and was instrumental

Security forces continued on page 5



through the basic lifesaving procedures beginning with sweeps of his body.

"That's when I noticed he had a large hole about the size of my fist in his chest and an injury to the leg," said Wearing, who is deployed from Pittsburgh ANG. "York put direct pressure on the chest to stop the bleeding and I used my own tourniquet on his leg. Then I looked at Capt. York and said, 'We need to CASEVAC [casualty evacuate] him right away' because the ambulance is seven minutes out and we can't wait that long."

Wearing was only on scene for roughly five minutes before he accompanied two casualties to the Craig Joint Theater Hospital.

Wearing was the only member who treated the casualties in the CASEVAC and he stayed at the hospital after that to help injured members as they came into the emergency room. The following sector members stayed on the compound providing self-aid buddy care to the remaining injured personnel and to defend the perimeter.

"This was the closest I have ever been to an IDF impact," said Wearing, a native of Evans City, Pa. "I can play it back a million times in my head, but all I remember is the training we receive just clicked and worked."

The members described it as muscle memory, stating there is a reason Air Force members are made to go through all the mandatory training.

"It really restores faith in all our training," said York. "We do a lot of battle drills here and there's a lot of comments that you shouldn't train in combat environment. But in reality, our training is

what kept us from freezing and put us on autopilot to do what we had to do. We were all combat effective."

For Venable, who is on her first deployment, was one of the first five Air Force members who provided first aid assistance on the scene. She said this was her first combat experience and the military's training helped prepare her for it.

"A tech school instructor once told me, 'you never rise to the occasion, you

**"A tech school instructor once told me, 'you never rise to the occasion, you always fall back on your training,'"**

always fall back on your training,' and that was playing over in my head," said Venable deployed from Fort Worth, Texas ANG. "Get repetitive and know and replenish what's in your individual first aid kit because you never know when you're going to have to use it."

After finishing their shift and the adrenaline wore off, two days later, the members were recommended by leadership to go to the hospital to talk to combat stress about the attack.

"Directly after the attack I walked outside and as we were waiting for our leadership, I got down on one knee and had to take a couple breaths in disbelief like, 'did this just happen or is it a dream?'. We were so close and not a scratch on us," said York.

The five ESFS members who treated the injured said the assistance and support from the medical community and leadership was helpful, but the best

thing that helped them combat the stress from the attack was sitting around the table together talking about the events that night.

"The more we talked about it, the better it got, we were the only members who saw it firsthand," said York. "Then we got comfortable enough to go talk to the other SF members in our sector who were working that night and heard what was going on but didn't see it, that helped too."

The security forces members lives were almost lost the night but their efforts did not go unnoticed. The five members were recognized during an Army Fallen Hero Ceremony here; then a couple days later, an even bigger surprise.

"Talk about closure," said Wearing. "An airman in our unit went to high school with one of the injured Army members from that night. He was stationed here with her and still talks to her on Facebook. One day on shift he came up to me."

"He said, 'Morris wanted me to tell you thank you.'"

"I said, 'who's Morris?'"

"He said, 'She was the girl you transported in the CASEVAC with an injured leg. She wanted me to tell you all thanks for saving her life. She is in Germany now and doing well.'"



## The 136th Airlift Wing is on Facebook!!

Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates for community events, discount tickets, free items such as sporting events, giveaways, special events, and photos of 136 AW Airmen in action. Stay tuned for inclement weather base closure information - now on Facebook.

<http://www.facebook/136AW>



# Operation Homefront

## Back-To-School-Brigade gives away backpacks

by Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas** - More than 300 children received backpacks filled with school supplies at the 136th Airlift Wing Headquarters building here August 9, 2013, during Operation Homefront Back-To-School Brigade.

"This is a good program for all the military families on base," said Mrs. Heidi Bearden, Airmen Family Readiness Program Manager. "The families of those E-6 and below, who registered with Operation Homefront, receive a backpack for every school age child from K-12."

The backpacks were lined up according to the child's grade and vary from \$30 to \$50 backpacks for the high school students.

Once the child or parent receives the backpack, they are then allowed to browse the entire room in search of the eight items their child needs to start school. The items vary from rulers to calculators, notebooks, pens, pencils, binders, book covers, glue and numerous other items on display.

The backpack giveaway has been hosted here in the Wing for the past three years and six years nationally.



**More than 300 school age children came to receive their backpacks filled with school supplies during Operation Homefront Back-To-School-Brigade at the 136th Airlift Wing headquarters, Aug. 9, 2013. There were no shortages of school supplies that day. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert/released)**

The school supplies were provided by Operation Homefront partners Dollar Tree and Office Depot. "There were no shortages of school supplies," said Bearden. "In fact, we have leftover school supplies even after providing all the registered participants of Operation Homefront their much needed items."

Additionally, the 136th Family Readiness

Group hosted a back to school bowling party for Wing family members, August 10, 2013. More than 50 family members were present to participate in the event with free pizza, drinks and bowling.





# Ready ... Aim ... Fire!

Feature by Airman Cody Witsaman  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas** - One team, one fight, a common phrase used in the military, has become the motto of the 136th Security Forces Squadron here. The SFS team is constantly focusing and training to handle realistic encounters down range, with the focus of this training on team building.

The shoot and move exercise organized on July 25, 2013 here focused on “acting as a team, communicating as a team and being able to shoot as a team,” said Master Sgt. Aubrey Beaver, 136th Security Forces Squadron.

Security forces members ran through the course with M-16 blanks and body armor, targeting paper targets and using the cover they were given for each exercise. While navigating the course members shouted commands, “such as cover and move”, to let each member from a four-man squad know when to provide cover fire and advance to the next position.

“The point of the exercise is to keep constant fire on the enemy so the enemy is always going to have their head down,” said Staff Sgt. Mark Wilinski, 136th Security Forces Squadron. “This allows constant movement within the unit while forcing the enemy to stay put.”

The course prepares security forces members for engagements in the urban environment, using the cover given to complete the mission.

During deployments security forces usually are broken down into squads of three, said Wilinski. “You get to know your team very well, as well as, your specific role.”

Security forces hold teamwork extremely high because if something were to go wrong, members would know each specific role within a squad to provide the safest course of action.

“Team movement is the safest most



effective way for us to move,” said Wilinski. The course has “brought us to move the safest way possible with live weapons as well as giving the most realistic feel.”

Team building is only one aspect Beaver focuses on when preparing courses. Another goal in training is to provide the most realist scenarios possible for the participants.

“We try and make the courses as real as possible because we train like we fight,” said Beaver. “The courses allow these guys to go down range with situations they can handle based on what we train them here.”

With this confidence, a synergy is created within the group. “We are stronger as a team rather than what we are individually,” said Wilinski.

Security forces members will rarely go into a situation alone; because in any military situation the goal is to fight with an unfair advantage to provide the best scenario for fellow service members, said Wilinski

Even though training is very important to A1C Theodore Oliver, Security Forces Squadron, he is ready to get out

in the field and observe what his career field can offer. “I love training; training is always good, because I train how I would fight,” said Oliver.

The shoot and move course provided a very active way to show how it would be like in the field, at the same time taking place on a hot and humid day. That being said, Beaver receives feedback from his troops, good and bad. “I explain to them, yes you are hot and yes you are uncomfortable, but that is what you will be facing down range.”

Watching the activity and speaking with Security Forces members, the courses that are set up here provide a wide variety of skills to learn and improve what is of monumental importance in the field.

Weather is an obstacle present everywhere in the world, “so when they get down range, it isn’t a foreign concept to be hot and uncomfortable in all your gear,” said Beaver.

With these training exercises, members will be able to perform to the best of their ability in any condition, providing the help and support their fellow squad members require.





Members of the 136th, 149th and 301st Medical Groups participate in a mass casualty exercise at Naval Air Station Fort Worth Joint Reserve Base, June 23, 2013. The extensive training attempts to cover the myriad of circumstances that could arise during a real-world mass casualty event. (Air National Guard photo by Master Sgt. Charles Hatton)

## Joint task force responds to mass **casualty**

Story by Airman Cody Witsaman  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas-** Colonel George Ivanovskis looked over the mass-casualty exercise taking place here on June 23, 2013 through the eyes of a commander. He carefully surveyed the extensive training that attempts to cover the myriad of circumstances that could arise during a real-world mass casualty event. The material covered during the exercise is essential to prepare his team should a situation arise.

A mass-casualty exercise takes place annually. For the 136th, 149th and 301st Medical Groups participating, "It is the first opportunity to test mobile Emergency Operations Center and how to integrate with joint task force and state responses," said Staff Sgt. Derek Trabon, part of the Civil Engineer Emergency Management Flight. "This level of mission is pretty significant."

Whether going over a drill for the first time or just refreshing certain exercises, everyone participating seemed involved

and dedicated to their own specific role.

Several valuable lessons the mass-casualty exercise focused on were learning about patient control, ways to deal with disasters leading to casualties, and familiarizing with equipment available for the patients," said Lt. Col. Tamara Gray, part of the 136th Medical Group.

For the exercise to begin, two tents were set up: one for ambulatory patients, or patients able to walk; and non-ambulatory patients, or patients carried in on stretchers or needing help to walk. Next, an influx of patients with various wounds were sent to the tents and service members triaged them according to condition, said Trabon.

Each patient was given a specific injury to make the exercise as realistic as possible, ranging from wounds from explosions to biological threats. The service members then went through the proper procedures to treat the patients based on their injury mocking a real life scenario.

"With any exercise like this, there are always artificialities built into them; therefore the service members are able to set up as if the event already took place in order for the exercise to really focus on testing the skill competency," said Trabon.

After a mass casualty incident occurs, the Fire Department, Police and Emergency Management Service are going to be on the scene and the Emergency Management Office will support what they need focusing more on coordination, said Trabon. "What makes the Air National Guard's role unique is that the Guard is very response heavy while coordinating what they need with the state.

Leaving little to no details uncovered, the mass-casualty exercise readied medical groups from the 136th, 149th and the 301st for natural disasters, biological catastrophes and various other circumstances that could occur at any given time.



# Mass-Casualty Exercise

136th, 149th and 301st Medical Groups participate in a mass-casualty exercise June 23, 2013.



Photos by Master Sgt. Charles Hatton and Airman Cody Witsaman  
136th Airlift Wing Public Affairs



**136th Airlift**  
Ft. Worth, TX Wing



# Liberty Jump Team

Commemorative parachute jumps **honoring** WWII heroes

Feature by Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas-** U.S. Air Force Senior Master Sgt. Del Atkinson, 136th Security Forces Squadron, a former U.S. Army paratrooper, 101st Airborne Division (air assault), is a member of the Liberty Jump Team who performs commemorative parachute jumps honoring WWII heroes as well as veterans of all Wars and Foreign Conflicts.

"I joined the team because I wanted to give back to the "Greatest Generation" the World War II veterans," said Atkinson. "They overcame all obstacles and persevered to win the victory on all fronts."

Liberty Jump Team was formed in 2006. Their jumps commemorate the D-Day invasion and the liberation of Europe as well as perpetuating the service of those who have served after, includ-

ing today's brave men and women of all services.

The LJT recruits from active and inactive military parachutists with an in-house jump training operations and school located in Denison, Texas.

"We use a C-47 as a jump platform and have conducted airborne operations all over the U.S. as well as in Amfreville, Carentan, Liesville Sur Douve, Angoville au Plain, France as well jumps commemorating Bastogne and Holland," said Atkinson.

The team is comprised of predominantly active duty and retired military from the 82nd, 101st, USAF Pararescue Operators, Rangers and Special Forces members that have a very honorable reputation said Atkinson.

They are the only civilian team in the U.S. to jump at Fort Benning, Georgia in 2009, 2011 and this year 2013 for the 1BN 507th PIR (the Airborne School). They jump several times a year at different events across the U.S. at air shows or military bases and of course Normandy, France.

"We are the lead in jump every year in Normandy, France for the combined forces military jump plus numerous other jumps," said Atkinson.

One of their team members includes USAF Senior Master Sgt. (ret) Denny Darnel, a former pararescue jumper, who is their jumpmaster and a member of the Texas State Guard here at the 136th



Airlift Wing. He is a master parachutist, High Altitude Low Opening jumper and FAA master rigger.

Atkinson states, "My best experience has to be Normandy in 2012. I met some great American Heroes who have since passed, but I listened to their tales of combat operations as they parachuted into Normandy at the early hours of June 6, 1944. They are very humble and they all said they were just doing their job ... true American Heroes."



**Senior Master Sgt. Del Atkinson, 136th Security Forces Squadron, a former member of the U.S. Army 101st Airborne Division dressed in his WWII uniform for his Jump at Normandy, France in 2012.**



# Around the **Wing**



## Promotion **Master Sgt. Olympia Williamson**

When: July 28, 2013  
136th Mission Support Group  
1st Sgt.



## Retirement **Senior Master Sgt. Gina West**

When: July 27, 2013  
136th Airlift Wing/Chaplain's Office  
Superintendent



## Promotion **Major Marlette Loughmiller**

When: July 27, 2013  
136th Airlift Wing/ MEO  
OIC

If you have an announcement please submit to  
[136AW.PA@ang.af.mil](mailto:136AW.PA@ang.af.mil)



# THE HAPPENING

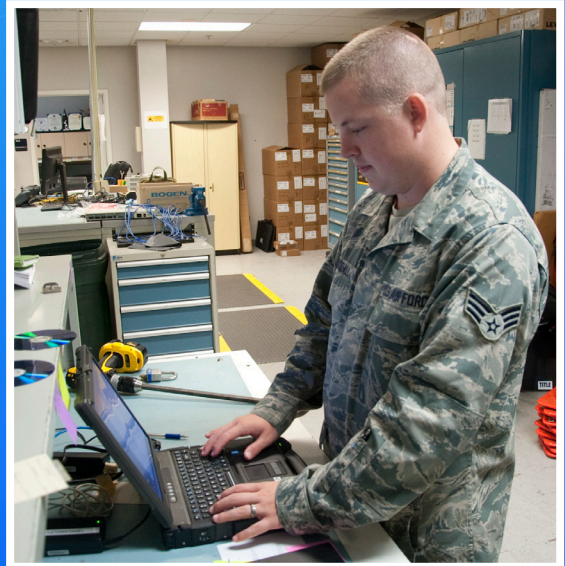
Once again Operation Homefront Back-To-School-Brigade gave away backpacks filled with school supplies to Military families of E-6 and below. We had several visitors tour our Wing to include CAP cadets from Fort Worth, NATO delegates and the Mexican Air Force who learned about our maintenance and logistics operations. We also had a homecoming for our deployed Airmen from Afghanistan. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert and Airman Cody Witsaman)





# The Work Place

Airmen from the Wing are everywhere. Their work place ... wherever they show up to do what they do best, they represent the Texas Air National Guard with pride. (National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton and Airman Cody Witsaman)



136<sup>th</sup> Airlift  
Ft. Worth, TX Wing

# Health, **Nutrition** and Fitness

## Why we **need** to drink water

Commentary by Chief Master Sgt. Edward Walden  
Sustainment Services Flight Functional Manager

**W**ith the summer months coming to an end and the nice cool fall weather approaching one would think that it is okay to cut back on the amount of water we drink. Not so....Our bodies need water.

Drinking enough pure healthy water is essential for good health, resiliency, and stress prevention.

Our bodies use water for virtually every biological and cellular function necessary for life and health.

Fluids are required to bring oxygen and other nutrients to the cells of the body.

Fluids are required to carry away the cellular waste products of metabolism and other toxins out of the body.

It has been estimated our bodies lose about 10 cups of water every day in its normal functioning.

This water must be replaced every day from the water we drink and the food we eat.

Some experts believe insufficient water contributes to increased levels of pain, headaches, constipation, and even serious chronic diseases. Chronic low grade dehydration contributes to

premature aging, wrinkles and a host of other health ailments.

Are you still wondering why drink water?

Most experts agree that we should be drinking at least one ounce of water for every 2 pounds of body weight every day. That means...

A woman weighing 150 pounds usually benefits by drinking at least 75 ounces, or nine and a half full glasses of water a day.

A man weighing 200 pounds usually benefits by drinking at least 100 ounces, or twelve and a half full glasses of water a day.

And on days which are very hot, or we are exercising strenuously, we will often require more water.

Please remember...even though the cool weather is approaching the amount of water we drink should not change. Drinking water is not just to help cool us off and quench our thirst, but is necessary to live a happy, healthy, stress free life.

## Are you **Pregnant?**

Important Information for Your Pregnancy  
136 MDG Public Health Office

Many factors affect the health of the unborn child. Exposure to these factors may lead to premature death of the fetus or birth defects. Adverse influences to the unborn child include smoking, drinking alcoholic beverages, and a poor diet. Also, environmental factors such as excessive exercise, heat, and lead or radiation exposure in the workplace may have detrimental effects on an unborn child. Infectious diseases such as German measles, food poisoning, or toxoplasmosis (from cat litter boxes and undercooked pork) may also damage the fetus.

The first three months of a pregnancy are the most sensitive to the aforementioned environmental and disease threats because that

is when the cells are multiplying the fastest and are most susceptible. This is the reason early education and profiling is so important at the earliest date of pregnancy detection.

When a member of the 136th Air Wing realizes that she is pregnant, she is required to notify her supervisor and report to Public Health as soon as possible. It is important that she bring documentation of pregnancy from her primary care provider or OB/GYN, which includes the estimated date of delivery.

Any questions concerning your pregnancy or scheduling an appointment may be directed to the 136th Public Health office at x3713.

A 136th Air Wing member must report

a confirmed pregnancy to allow her unit to accurately report operational and readiness capability, as well as to assess the member's work environment for potential hazards. Each pregnancy must be verified with written confirmation from the member's primary OB provider and include the estimated date of delivery.





# Consider your **sensitive data** before Giving your personal computer away

Commentary by Lt. Col. Scott Morris  
136th Airlift Wing OPSEC Manager

**W**hen you decide to upgrade and get a new computer, odds are you won't throw your old computer away, but may decide to give it away. Your choices to consider may be giving your old PC to a family member, school, church or perhaps to someone who can't afford a new computer. No matter what you decide, you must think about the huge amount of personal data residing on the hard drive such as, family photographs, bank records and other sensitive information before you give it away. For this reason as a minimum precaution to safeguard your sensitive information you should remove the hard drive. This might be the easiest way to protect your sensitive information from getting into the wrong hands. Now, I know it might be hard for the person who receives your computer without a hard drive, but you must consider the risk if you decide not to take any actions or use the right tools to delete your information. There are many tools on the market to help you delete your information, just find the one that work best for you. Remember, the bad guy is trying to obtain your sensitive information, don't make it easy!



## Chaplain's Corner

Chaplain, Major Louis Ferguson  
136th Airlift Wing Chaplain

*"I just don't feel what I used to feel for you."*

*"I love you, but I'm not in love with you anymore."*

*"I believe I've found my soul mate...and it isn't you."*

*Or as the Righteous Brothers sang, "You've lost that loving feeling."*

**H**ave you ever said or thought a statement like this? To help you and your spouse overcome the "love blah's" the 136th Airlift Wing Chaplain Corps will be hosting a weekend marriage seminar called "Laugh Your Way to a Better Marriage" September 6-8, 2013 at Great Wolf Lodge, Grapevine, Texas. Best of all? IT'S ALL FREE! Want to add your name to the list of attenders? Contact Mrs. Heidi Bearden at Heidi.bearden@ang.af.mil or (817)852-3558.

The stuff of life happens. Kids, in-laws, exhaustion, dirty laundry, lack of intimacy, so on and so on...Sometimes it's huge

stuff like loss of a job, death, serious illness, an accident or other catastrophes. But it is in these "for worse" times that real love is fostered and developed. It's easy to have all the happy feelings toward someone when everything is going great. But true love, the kind of love that is tested and tried, requires patience, perseverance, forgiveness, and work.

Make your spouse and your marriage important. If you rarely see each other and are not investing time and energy into the marriage, it won't work. Try growing plants without tending and watering them. Or think of your pet – no dog or cat would survive without basic care and feeding. Neither will your relationship.

Come and spend a weekend away in the metroplex and gain some valuable tools to help grow and strengthen your marriage.

# Wing Safety Snip-Its

## Safety tips for the new school year

by Senior Master Sgt. Donald Seymore  
136th Airlift Wing Safety Office/Ground Safety Manager

### Traffic

The beginning of the new school year is always exciting, but it's also a little scary on what's about to come. As parents we get nervous about our children going out on their own to school. Law enforcement officials urge parents, students and members of the community to do their share to help keep children safe as they venture on another year of learning.

Drivers need to slow down and be aware that there will be children and teenagers out in the morning on the corners waiting for the school buses and to be cautious until everyone gets used to the traffic. Police officials throughout the state want the public to know that the police departments are gearing up for the start of the new school year and patrol units will be concentrating on the traffic around schools and monitoring compliance to traffic laws. In Texas it has been illegal since September 2009 to use a cell phone without a hands-free device in school

zones; though the monetary cost could be as high as \$200 the alternative could be a lot worse, in 2013 getting hit by a car was the leading cause of deaths for kids five to nine years old.

Questions, Comments, Concerns? Contact the  
136th Safety Office at 817-852-3210.

136th Safety Office  
Chief of Safety:

Major Brad Freeman 817-852-3028

Ground Safety Manager:

SMSgt Donald Seymore 817-852-3209

Safety Specialist:

MSgt Charles Migot





# Antiterrorism alert

Commentary by Major Camille LaDrew  
136th Security Forces Squadron/Antiterrorism Officer

**T**he recent move by the Department of State to temporarily close 19 embassies world-wide proves that the United States and our interests abroad still make us a target of terrorism. The Boston Bombing attack also shows that we can be targets of domestic terrorism.

In May of this year, President Obama spoke at National Defense University on the future of our fight against terrorism and said “From Yemen to Iraq, from Somalia to North Africa, the threat today is more diffuse, with Al Qaeda’s affiliate in the Arabian Peninsula – AQAP – the most active in plotting against our homeland.”

I mention these occasions not to scare you but to heighten your awareness. The Air Force Office of Special Investigations sponsors the Eagle Eyes Program which is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens against potential terrorists and terrorist events world-wide.

Our best defense against terrorism is to not allow ourselves to become complacent. You or family members can anonymously report suspicious activity 24 hours a day by text message, internet or smart phone app.

The activity can be reports of individuals attempting to elicit information from you on military operations, equipment, capabilities or people based specifically on your military affiliation. It can also be individuals who possess controlled military items such as Common Access Cards, base decals, military uniforms or body armor.

Staying attuned to your surroundings and reporting suspicious activity could make a difference in stopping a poten-



**Two explosions ripped through the finish line of the Boston Marathon on April 15, 2013. The euphoria of crossing the finish line turned into bloody chaos as two bombs blasted the end of the 26.2-mile trek.**

tial terrorist event before it happens. Remember, terrorism knows no borders and does not discriminate against men, women or children.

## **HOW TO REPORT AN ANONYMOUS TIP USING YOUR SMART PHONE:**

1. Download the Smartphone app, TipSubmit Mobile, from your mobile provider’s marketplace.
2. Choose Manually Select an Agency
3. Choose Federal/Military, then select Virginia, then choose Quantico, then choose Air Force Office of Special Investigations
4. Create a Password
5. Select New Tip
6. Fill out form with as much infor-

mation as possible

7. Select Submit Tip

## **HOW TO REPORT AN ANONYMOUS TIP VIA TEXT MESSAGE:**

Text “AFOSI” plus your tip

## **HOW TO REPORT AN ANONYMOUS TIP ONLINE:**

1. Go to the following website:  
<https://www.tipsubmit.com/WebTips.aspx?AgencyID=1111>

*Major Camille LaDrew*  
**817-852-3600**

*(Acting) 136 AWATO*

**COMM: 817-852-3478**

**BB: 817-658-6132**

**DoD PD LE Desk: 817-782-5200**



# Family **Readiness** Group

by Mrs. Heidi Bearden  
136th Airlift Wing  
Airman Family Readiness Program Manager

**Tutor.com** is available for military families at no cost. As your students go back to school, remember to access this great resource. Kids can have LIVE one-on-one tutoring for almost any subject, including algebra, physics, chemistry, English, history, and more – all the way up to AP level, all school year long.

So don't let back to school time get you down, and don't let algebra stress you out! Sign up for your free Tutor.com account at [www.tutor.com/military](http://www.tutor.com/military) to

get started with an expert tutor right away.

Back to School season has arrived! It's about that time to begin preparing for the new school year. The Department of Defense has paid for your Sittercity membership to help you meet your family's care needs. Find local sitters and nannies in your neighborhood. Military families can activate their fully paid membership at [www.sittercity.com/DoD](http://www.sittercity.com/DoD). Get started today!



## 531st Air Force Band **Tour** 2013 Bringing smiles wherever they go

The ambassadors of music take to the road as the 531st Air Force Band go on their 2013 summer tour. Due to sequestration the local populous enjoyed the myriad of music genres as they played in nearby communities from June 26 to July 4, 2013. They played for the town of West, Texas to Kaboom Town in Addison, Texas, bringing smiles to listening ears. (Photos by Senior Master Sgt. Elizabeth Gilbert and Master Sgt. Charles Hatton/released)





# A letter from the CSAF

## Revamping the Air Force **Fitness** Program

Fellow Airmen:

Chief Cody and I get a lot of questions about the physical fitness test (PFT). To ensure we fully understood the issues folks were concerned about, we conducted a comprehensive review of the Fitness Program. The one thing that was crystal clear to both of us when we finished is that we have a tremendous program that has fundamentally changed the AF's overall fitness level over the past few years. So I'll tell you right up front that the PFT itself is not going to change. But even the best program can be improved upon, so we are making changes in four different areas to enhance the overall program.

### **Revamping the Air Force Fitness**

The first change involves the abdominal circumference (AC) portion of the test. We use the AC measurement to assess an Airman's body composition, which is a key component of fitness. Because the AC measurement is integrated into our fitness test, DoD approved a permanent waiver to the DoD Physical Fitness and Body Fat Program, making us the only service not required to have a separate weight management program requiring annual body mass index measurements and assessments for every Airman.

One of the two concerns Chief

Cody and I hear most is that there are Airmen who pass every component of the PFT except the AC, but fail the AC because they have a very large, thick body type or are very muscular. To put this in perspective, since we implemented the PFT, only 348 of ~1.3 million Airmen tested resulted in an Airman failing the AC portion and passing all the others with a passing composite score of 75 or higher. That's 0.03%...so this is an unusual occurrence. But, in the future, if an Airman fails the AC portion of the test, and passes each of the other three components, we'll measure that Airman using the Body Mass Index (BMI) taping guidance in DoD instructions. If the Airman meets the DoD BMI standard, they pass the PFT.

Chief Cody and I also hear about the "many" Airmen who have been kicked out of the Air Force for AC-only failures. The fact is that since we started the new Fitness Program, only 76 airmen have been separated from the Air Force for failing only the AC portion of the test multiple times. That equates to 0.006% of the Airmen tested. It's certainly difficult for the airmen involved, but it really doesn't happen that often.

We're making three other modifications designed to improve the

program. First, we're realigning the fitness appeal process back to Wing Commanders. Second, passing standards are being adjusted for Airmen who can only test on one component of the Fitness Assessment, and third, we're changing and simplifying the walk test.

All these changes will be effective 1 October 2013, and the A1 will send detailed implementation guidance to the field shortly.

The second comment Chief Cody and I hear most frequently is that we need to rethink how we document fitness performance in performance reports. We are doing that as part of a larger effort to examine the performance report itself, along with the promotion system it supports. We'll give you the results of that study in the near future.

I believe we have DoD's best designed, best run Fitness Program, and as a result, we have a force ready for any mission our nation asks us to execute. I'm extremely proud of how far we've come with our fitness culture! Thanks for your personal commitment to staying in shape!

As always, thanks for all you do! See you in the gym!

MARK A. WELSH III  
AF Chief of Staff

---

## There will be a 'spouse flight' scheduled for

### Sunday October Drill

All interested please contact Lt. Col. James Castleman or send email to  
[136aw.pa@ang.af.mil](mailto:136aw.pa@ang.af.mil)



**3C3X1 - COMMAND POST**  
**JIW0X2 - (5) COMBAT WEATHER**  
**1A1X1 - (2) FLIGHT ENGINEER**  
**1A2X1 - (3) LOADMASTER**  
**3E4X1 - (2) WATER/FUEL SYSTEMS**  
**3D0X3 - CYBER SYSTEMS SURETY**  
**3E2X1 - (2) PAVE/CONSTRUCTION EQUIPMENT**  
**1P0X1 (E-8/E9) - AIRCREW FLIGHT EQUIPMENT**  
**2T3X1 - VEHICLE EQUIPMENT MAINTENANCE**  
**2T2X1 - (2) AIR TRANSPORTATION**  
**2A5X1 - (2) AEROSPACE MAINTENANCE**  
**2A6X5 - (2) AIRCRAFT HYDRAULICS**  
**1C7X1 - AIRFIELD MANAGEMENT**  
**3M0X1 - (2) SERVICES**  
**3N0X5 - (1) PHOTOJOURNALIST**

Officer Billets please visit [www.agd.state.tx.us](http://www.agd.state.tx.us) or Texas Military Forces for officer vacancies.